

St Eanswythe's C of E Primary School



Year Five ~ PSHE

Medium Term Plan/Topic Breakdowns

This is a breakdown of suggested teaching points within our main curriculum umbrella.

As long as you are using the main term's theme, you may pick and choose what you would like to teach within it. This can be done through circle times, drama, class discussion or written work.

<p><u>Term One: <i>Being Me</i></u></p> <p><u>All about me:</u></p> <ul style="list-style-type: none"> • How my behaviour affects others. • Finding my voice and sharing my opinions. • Understanding self-esteem and positive/negative ways it can be affected. 	<p><u>Term Two: <i>Relationships and Family</i></u></p> <p><u>My family/Different Families/ Different types of relationships:</u></p> <ul style="list-style-type: none"> • Explore the makeup of different family types: Nuclear Family, Same 	<p><u>Term Three: <i>Celebrating Differences</i></u></p> <p><u>Body Image:</u></p> <ul style="list-style-type: none"> • What is a healthy body? • Body types • Finding my self-worth and appreciating everyone. 	<p><u>Term Four: <i>Healthy Me</i></u></p> <p><u>Mental Health and me:</u></p> <ul style="list-style-type: none"> • Exploring both positive mental health and how poor mental health can affect us. • Reducing screen time and social 	<p><u>Term Five: <i>Citizenship and Economic well-being</i></u></p> <p><u>Our world online:</u></p> <ul style="list-style-type: none"> • How do we use technology in our lives? • Staying safe online • Dealing with online confrontation 	<p><u>Term Six: <i>Changing Me</i></u></p> <p><u>Changes in me: Puberty & emotions:</u></p> <ul style="list-style-type: none"> • Puberty for boys & girls (children to understand both genders)
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<p><u>Understanding right from wrong:</u></p> <ul style="list-style-type: none"> • How are decisions made? Peer pressure, different influences • Introducing anti-social behaviours Vs Appropriate behaviours (age appropriate) 	<p>sex families, and Adopted families.</p> <ul style="list-style-type: none"> • Relationships and marriages in our modern society e.g. same sex marriage. <p><u>Friendships:</u></p> <ul style="list-style-type: none"> • Trust, appreciation, and 'safe/unsafe' secrets • Conflict and resolution methods within friendships groups • Different types of bullying. 	<p><u>Exploring Gender/gender roles:</u></p> <ul style="list-style-type: none"> • What is sexism? • Gender based stereotypes • Gender within job roles. Does it matter? • Understanding cultural differences in relation to gender <p><u>Prejudices and discrimination:</u></p> <ul style="list-style-type: none"> • An introduction to Prejudice and discrimination. • Introducing: Where does prejudice come from? 	<p>media activity.</p> <ul style="list-style-type: none"> • Relationships with food. <p><u>Road Safety:</u></p> <ul style="list-style-type: none"> • Exploring the highway code • Being responsible around roads and vehicles. • THINK! Online materials. <p><u>Choices and Peer Pressure:</u></p> <ul style="list-style-type: none"> • Revisit term one: understanding right from wrong. • Bullying and peer pressure. <p><u>Staying Safe Online:</u></p> <ul style="list-style-type: none"> • What to do if something negative takes place online. • Do not share personal information - 	<p><u>Government past & present:</u> (This can link to some history topics)</p> <ul style="list-style-type: none"> • How has our Government changed over the years? • Our current Government and government parties. <p><u>Human and Animal Rights:</u></p> <ul style="list-style-type: none"> • Why do humans and animals need rights? • What would happen if our rights were taken away? • Looking at a few specific human rights and discussing these as a class. 	<ul style="list-style-type: none"> • Hormones and emotions. • Growing up. <p><u>Transition and changes in relation to moving up a class:</u></p> <ul style="list-style-type: none"> • What have I learnt this year? • What have I got better at? • What do I want to learn in my next class. • How do I feel about my next class? • Why do we need to move on?
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			<p>keep yourself safe!</p> <ul style="list-style-type: none">• SMART – internet safety acronym• Mobile Phone Safety, messages are never private!		
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